

ABSTRACT OF THE DISCLOSURE

A method for initializing recording films of an optical recording medium includes two recording layers each including a recording film and
5 which is formed so that a transparent intermediate layer is interposed between each adjacent pair of the recording layers, by projecting a laser beam whose power can be controlled within a predetermined range onto the recording films and simultaneously crystallizing and initializing the recording films, the method for initializing recording films of an optical
10 recording medium including steps of setting a power of the laser beam and a position of a focus of the laser beam so that energy of the laser beam projected onto each of the recording films is equal to or higher than a minimum initialization energy which can crystallize and initialize the recording film irradiated with the laser beam, and projecting the laser
15 beam onto the recording films of the optical recording medium. According to this method, it is possible to efficiently simultaneously crystallize and initialize recording films of the two recording layers of an optical recording medium with an apparatus of simple structure.